Please make sure to read the enclosed Ninja® Owner's Guide prior to using your unit.

NINJA® Foodi®

SMOOTHIE BOWL MAKER

NUTRIENT EXTRACTOR®

QUICK START GUIDE

What's in the Box

Base

Nutrient Extraction* Cup with Spout Lid

Smoothie Bowl Maker with Storage Lid

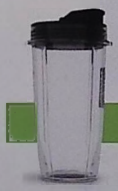
Hybrid Edge™ Blades Assembly

Using the Unit

START/STOP
Press for continuous blending up to 60 seconds; press again to stop.

PULSE
Use short presses for short pulses and long presses for long pulses.

Use **DRINKABLE** programs with the **single-serve cup.**



Use **SPOONABLE** programs with the **Smoothie Bowl Maker.**

EXTRACT
Green Drinks
Refreshers

SMOOTHIE
Fruit Smoothies
Protein Shakes

Auto-iQ* Programs
Intelligent preset programs combine unique blending and pausing patterns that do the work for you.

SAUCE
Thai Chili Sauce
Barbecue Sauce
Pesto

BOWL
Smoothie Bowls
Açai Bowls
Sorbet

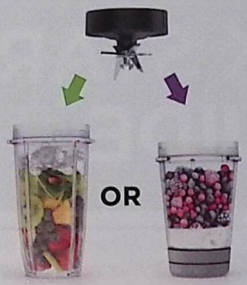
Tips

START/STOP and PULSE cannot be used in conjunction with any Auto-iQ programs.

To stop running an Auto-iQ program before it's done, press the currently active button again.

*Extract a drink containing vitamins and nutrients from fruits and vegetables.

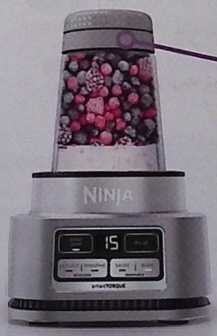
Assembly



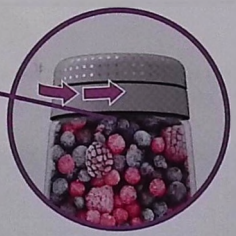
1.
Fill container with desired contents. Screw on the blade assembly until you have a tight seal.

2.
Flip container upside down and install on base. Rotate clockwise until it clicks into place.

Blend & Enjoy



1.
Select any program to begin blending.



IF USING SINGLE-SERVE CUP, SKIP STEP 2.

2.
If using the bowl maker, twist the built-in tamper counterclockwise ***continuously*** while processing.

3.
When blending is complete, remove the container from base. Then, remove the blade assembly from container.

Taking It To Go?

Place the Storage Lid or Spout Lid on top of the bowl maker or cup, and turn clockwise to seal.

NOTE: DO NOT microwave or freeze the single-serve cup or Smoothie Bowl Maker.

⚠ **WARNING:** Handle the blade assembly with care, as the blades are sharp.

DID YOU KNOW?
Smoothie bowls are **thicker & spoonable**, compared to smoothies which are thinner & drinkable.

SMOOTHIE BOWL BASICS

USING THE SMOOTHIE BOWL MAKER

1.
Add milk or milk alternative such as soy, coconut, almond, or oat milk, up to the **LIQUID FILL** line.

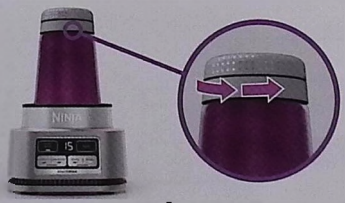
ALWAYS DO THIS FIRST.

2.
Add **frozen fruits**, directly from freezer and/or açai or dragon fruit packets up to the **MAX FILL** line.

Cut larger fruit, like bananas, in quarters.

If using açai or dragon fruit packets, thaw slightly and cut in quarters.

3. (Optional)
Amplify your base by adding 1 scoop of yogurt, flavor powder, protein powder, and/or nut butter.



4.
Screw on the blade assembly and install the bowl maker on the motor base.

Select **BOWL** and twist the built-in tamper ***counterclockwise continuously*** while processing.

5.
After blending is complete, add your favorite toppings, such as coconut flakes, granola, fresh bananas, berries, and agave nectar.

STUCK-ON INGREDIENTS IN THE SMOOTHIE BOWL MAKER?

1. Rinse the bowl maker and blade assembly under **WARM WATER** after processing.
2. Fill the bowl maker with warm water up to the top of the built-in tamper and add **1-2 SMALL DROPS** of dish soap.
3. Screw on the blade assembly and press **BOWL**. Twist the built-in tamper ***counterclockwise continuously*** while cleaning.
4. Once complete, empty contents and rinse under warm water.

NOTE: The built-in tamper in the Smoothie Bowl Maker is not removable.

Dishwasher

Containers, lids, and blade assembly are all dishwasher safe.

Hand-Washing

Wash containers, lids, and blade assembly in warm, soapy water. When washing the blade assembly, use a dishwashing utensil with a handle.

WARNING: Handle the blade assembly with care when washing, as the blades are sharp. Contact with the blades' edges can result in laceration.

For questions or to register your product, visit us online at ninjakitchen.com

@ninjakitchen

© 2021 SharkNinja Operating LLC.
AUTO-IQ, FOODI, and NINJA are registered trademarks of SharkNinja Operating LLC.
HYBRID EDGE is a trademark of SharkNinja Operating LLC.
SS101TGT_QSG_REV_Mv4_210326